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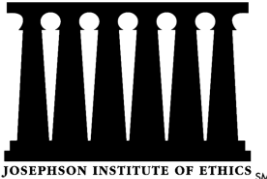
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News Release

FOR IMMEDIATE RELEASE:

November 3, 2012

END OF DAYLIGHT SAVING TIME BRINGS REMINDER TO CHECK EMERGENCY PREPAREDNESS KITS

FREDERICK, MD – Frederick County emergency preparedness partners, including the Emergency Preparedness Department, Office of the Fire Marshal, the Health Department, Volunteer Fire and Rescue Association's Fire and Injury Prevention Committee, law enforcement agencies, and the Frederick County Chapter of the American Red Cross, unite to remind citizens that when it is time to change their clocks due to the end of daylight saving time on Sunday, November 4, it is time to refresh their emergency supplies.

Public health and safety officials encourage families and businesses to change the batteries in their smoke alarms if they are equipped with replaceable batteries and to refresh their emergency supply kit. Make sure the kit isn't missing any items and that the food or medications have not expired. For those who have not prepared a kit, now is the time to create one.

The basic emergency kit should contain items such as: water, non-perishable food, flashlight, battery-powered or hand-crank radio, extra batteries, first aid kit, medications, copies of personal documents and medical information, cell phone with chargers, family and emergency contact information, emergency blanket and map of the area.

Frederick County's effort is in support of the American Public Health Association's campaign, "Get Ready: Set Your Clocks, Check Your Stocks," which urges Americans that when they turn their clocks back at this time of year, to also have a fully stocked preparedness kit.

More information may be found at www.getreadyforflu.org/clocksstocks, www.FrederickCountyMD.gov/READY or www.redcross.org, or by contacting the Emergency Preparedness Department at 301-600-1746 or via e-mail at EM@FrederickCountyMD.gov.

Additionally, for more information on smoke alarms, visit www.FrederickCountyMD.gov/smokealarms or call 301-600-7275.

Citizens are also encouraged to sign up for emergency alerts at www.FrederickCountyMD.gov/ALERT.

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